



Colorado Family and Consumer Sciences
Lesson Plan

FACS State Course Name: Nutrition and Wellness

Unit: Nutrition – Wellness (Science of Nutrition)

Lesson: Benefits of Dark Chocolate & Oats

Competencies/Purpose: To reinforce the importance of antioxidants and soluble fiber in a diet

Time Needed: 45 minutes (one period for middle school students)

Author: Kelly Gauck (Holmes M.S.)

FACS Standards (Colorado and National):

Concepts and skills students know include:

N9.3 Evaluate nutrition principles, food plans, preparation techniques and specialized dietary plans.

Colorado Academic/Model Content Standards (CDE):

N9.0 Integrate knowledge, skills, practices required for careers in food science, food technology, dietetics, and nutrition.

Objectives- Upon completion of this lesson, students will:

N9.3.2 Analyze nutritional data. – *Reading the nutritional facts from the ingredients used in the foods lab, the students will know that dark chocolate has a very high rating of antioxidants compared to other foods. They will discover many benefits dark chocolate. They will also learn that not all grains have soluble fiber. They will realize that oats offers benefits of both types of fibers (soluble and insoluble)*

N9.3.6 Critique the selection of foods to promote a healthy lifestyle.

The student will realize that cookies can offer benefits to the body and may be nutrient dense.

Instructional Strategies:

- | | | |
|--|--|--|
| <input type="checkbox"/> Assigned Questions | <input type="checkbox"/> Discussion | <input type="checkbox"/> Peer Learning |
| <input type="checkbox"/> Brainstorming | <input type="checkbox"/> Drill & Practice | <input type="checkbox"/> Problem Solving |
| <input type="checkbox"/> Case Study | <input type="checkbox"/> Field Trip | <input type="checkbox"/> Reading for Meaning |
| <input type="checkbox"/> Computer Assisted Instruction | <input type="checkbox"/> Inquiry | <input type="checkbox"/> Research Projects |
| <input type="checkbox"/> Concept Attainment | <input type="checkbox"/> Interviewing | <input type="checkbox"/> Role Playing |
| <input type="checkbox"/> Concept Mapping | <input type="checkbox"/> Jigsaw | <input type="checkbox"/> Simulations |
| <input type="checkbox"/> Conducting Experiments | <input type="checkbox"/> Journal Writing | <input type="checkbox"/> Storytelling |
| <input type="checkbox"/> Cooperative Learning | <input type="checkbox"/> Laboratory Groups | <input type="checkbox"/> Think, Pair, Share |
| <input type="checkbox"/> Debates | <input type="checkbox"/> Learning Centers | <input type="checkbox"/> Tutorial Groups |
| <input type="checkbox"/> Demonstration | <input type="checkbox"/> Lecture | <input type="checkbox"/> Writing to Inform |

Tools, Equipment & Supplies:

- Computers (Click here to enter text.)
- Construction Paper
- Markers, Scissors, etc.
- Paper
- Printer(s)
- Other Click here to enter text.

Resources:

- Handouts
- Textbook pgs. Click here to enter text.
- Multimedia Click here to enter text.
- Overhead Masters
- Workbook pgs. Click here to enter text.
- Other [The Chocolate Therapist](#)

Key Terms:

Antioxidants, dietary fiber, whole grains, soluble fiber, insoluble fiber, Digestive tract, colon, free radicals (possible cancer cells), nutrient dense

Introduction of Lesson:

Typically when students think of cookies, they think of a product not too good for the body, products that may be high in sugars and fats. Today, during our demonstration lab, the students will discover some great facts about whole grain, oats and dark cocoa (chocolate). The Theobroma Cacao tree (the tree cocoa bean is harvested) has come to be translated as “Food for the Gods”.

While attending the FACS session with the Chocolate Therapist, Julie Pech, I learned many new reasons to enjoy dark chocolate on a regular basis. I planned this lab around three main facts: reading labels, looking at the ingredients – dark cocoa, and recognize the two types of dietary fiber.

Referencing the book about the many aspects of dark chocolate. Here are some additional facts I will present in the lesson: *Chocolate contains a healthy supply of vitamins & minerals and even stimulates the brain into releasing endorphins which will uplift moods and reduce the sensation of pain. Chocolate contains more than four hundred flavor compounds and plant chemicals many of which benefit the body in some way.*

Exploring the Content (Lesson):

As I begin my lesson I will have a few cocoa oat cookies out for a grabber. Informing students that not all sweets have to be “bad” for us, explaining the importance of reading recipes, ingredient nutrient facts and learning to substitute ingredients that are healthier is a great way to alter products nutritional value. When making foods from scratch, one had the control of what is “in it”. With the huge concern with obesity, high blood pressure, heart disease, and diabetes, there are great reasons for making your own foods. For many middle school students making food from scratch is something rarely heard of. During the lesson, I will emphasize not only benefits of reading labels, reading recipes, but how making small changes in the foods we select can change an attitude to begin changing a habit (perhaps an unhealthy habit)

In Julie’s book she list several chocolate remedies – She had recommendations for the following health concerns: *ADD/ADHD, Allergies, Alzheimer’s Disease, Male Menopause, Anemia, Antioxidant Assistance, Anti-wrinkle Assistance , Anxiety, Arthritis, Asthma, Blood Sugar Control: Hypoglycemia, Caffeine Withdrawal, Cancer, Cataracts, Cavities, Chronic Fatigue, Constipation, Cough, Cramps, Depression, Diabetes, Fiber Shortage, Emphysema, Energy loss, Food Cravings, Headaches, Heart Disease and many more! Many of this remedies included dark chocolate and a few other ingredients. Wow, what a great reason for switching over to dark chocolate!!*

These no-bake chocolate [oatmeal](#) cookies are easy to make and are enjoyed by kids and adults. These cookies hit the spot when you want something chocolate and want it fast! Use real butter to make them even more delectable. It is reliable and easy for kids to make.

Difficulty: Easy

Instructions

things you'll need:

-
- 2 cups white sugar
 - 1/2 cup real butter
 - 4 tablespoons cocoa (Dark cocoa is best!)
 - 1/2 cup evaporated milk
 - 3 cups quick or old fashion oats
 - 1/2 teaspoon vanilla
 - 1/2 cup peanut butter (optional)
 - wax paper or greased platter
 - 3-4 quart boiler
 - measuring cup
 - measuring spoons
-

1



Hershey's Special Dark Cocoa

Combine sugar and cocoa in 3-4 quart boiler. Mix well.

2 Add butter and evaporated [milk](#) to sugar/cocoa mix in 3-4 quart boiler. On medium high heat, bring to boil, stirring constantly. Time for 3 minutes, continuing to boil.



Remove from heat.

3 Stir in vanilla. Add oatmeal, stirring quickly and mixing well. Drop by teaspoon on wax paper or greased platter. Cool.

Many people enjoy the [flavor](#) of peanut butter in their no-bake cookies. If you like, at this step, you can add 1/2 cup peanut butter before the oats. Stir well.

4 Store cookies in airtight container.

Yields about 2 - 3 dozen cookies.

Prep time: 10-12 minutes

Read more: [How to Cook No-Bake Chocolate Oatmeal Cookies | eHow.com](http://www.ehow.com/how_5405974_cook-nobake-chocolate-oatmeal-cookies.html#ixzz1HGtBYvQe)
http://www.ehow.com/how_5405974_cook-nobake-chocolate-oatmeal-cookies.html#ixzz1HGtBYvQe

Review/Summary:

As the lesson concludes several points of interest will be reviewed: Reading recipes carefully, reading nutritional labels, and measuring accurately – being able to locate the dietary fiber content of ingredient – understanding the benefits of whole grains and those grains that offer soluble fiber - the new facts about the benefits of dark cocoa & chocolate. The students will complete their lab; bring one of their cookies up to the front of the class for over-all evaluation. Pointing out that if the product was undercooked or amounts were incorrectly measured, it would not hold the shape, if the product was crystallizing, the mixture was over cooked.

It is very interesting to see all six kitchens prepare the same recipe, but they each have just a little difference in the characteristics.

Assessment:

The students will compare three different products and compare the dietary fiber. They will compare the products and provide a summary on which products offers the most nutrition.

The student will prepare a dark cocoa – no bake cookie and discuss the benefits of the oats and cocoa. The student will read some current information about dark chocolate and pair n share with their peers.

The student will be able to recognize the parts of a grain, and locate the nutritional facts and the nutrients on the food product and provide at least two benefits of dietary fiber.

FCCLA Integration:

At the middle school level, my students could integrate FCCLA within the Family First – by making these cookies together as a family – developing fun memories and time to share information

The student could make these cookies and provide refreshments that are needed for monthly meetings, BACC meetings or even the monthly meetings the principal holds to meet with parents & community members.